

REFILLS

BLOG

CONSULTS

SUPPLEMENTS

WEIGHT LOSS



WELCOME TO OUR MONTHLY NEWSLETTER

At Central Compounding Center South, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Jennifer L. Burch, Pharm.D., CDE

Personalized Weight Management Strategies

Everyone's weight loss journey is unique, and what works for one person may not work for another. For those who find it challenging to shed pounds due to past dieting failures, exercise difficulties, genetic factors, or medical conditions, prescription weight management treatment options may offer a viable solution. People pursue



weight loss for many reasons, from aesthetic goals to critical health improvements. Regular exercise can boost self-esteem and is essential for those engaged in sports that demand a particular body shape. More critically, conditions like high cholesterol and diabetes may require weight loss for health stabilization or improvement. Additionally, weight loss is often a prerequisite for safe surgical procedures. Many surgeries, especially those that are elective or involve significant physical alterations, require patients to be at a certain weight to minimize risks during and post-operation recovery. Doctors typically advise patients to reach a specific weight goal before undergoing surgery to improve the chances of a successful outcome.

Medication-assisted weight loss is most often recommended when weight gain can be attributed to

- hormonal imbalances
- genetic predispositions
- insulin resistance

Conditions such as hypothyroidism, polycystic ovarian syndrome (PCOS), and

heightened stress levels can disrupt normal hormonal balances, leading to weight gain. At the same time, genetic factors might influence metabolic efficiency, making it challenging to lose weight without medical intervention. To effectively address these underlying causes, our pharmacy can tailor specific weight loss treatments and supplements based on individual needs. We will partner with you and your physician to support weight loss goals and encourage success. Our advanced compounding technology enables us to provide customized medications tailored specifically to your weight loss needs while also considering your overall health.

When changing diet or exercise regimens or starting new medications, it is also important to maintain appropriate nutrient levels. A high-quality multivitamin may be necessary to ensure you are receiving adequate levels of nutrients that may be missing from your diet. Also, it has been found that weight loss is difficult if the gut microbiome is unhealthy. Our pharmacist is experienced in recommending high-quality nutritional supplements and can evaluate what may be needed specifically for you.

Talk to our pharmacist today to see how we can assist you in meeting your health goals.

Share your experience with Central Compounding

If you have received excellent care or service from the pharmacists and staff at Central Compounding, we would appreciate an online review.

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ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult.

[READ MORE](#)



REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175. **Call Mary, our Patient Care Coordinator, to schedule your appointment.**

HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!



HOURS: Monday - Friday 9am - 5:30pm
Closed for lunch 12:30pm - 1pm
Closed Saturday and Sunday



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